

ELEVATE

FITNESS

Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Cardio Yoga with Maurita	5:30 AM Spinning with Tiffany	8:00 AM Yoga with Maurita	10:00 AM Group Groove with Tamara	7:45 AM Group Centergy with Annette	8:00 AM Spinning with Rachel	8:30 AM Beyond Barre with Jen
8:30 AM Bootcamp with Patty	9:15 AM Group Active with Jen	8:30 AM Bootcamp with Patty	11:00 AM Silver Sneakers with Jennifer	9:15 AM Group Active with Duane	9:00 AM Spinning with Diane	9:45 AM Zumba with Jesus
9:00 AM Pilates with Deb J	11:00 AM Silver Sneakers with Jennifer	9:00 AM Spinning with Jen L	4:45 PM Aqua Fit with Becky	10:30 AM Silver Sneakers Yoga	9:15 AM Strength with Tisha	
9:00 AM Spinning with Jen L	4:45 PM Aqua Fit with Becky	9:15 AM Aqua Fit with Duane	5:30 PM Beyond Barre with Jen		9:15 AM Aqua Fit with Becky	
9:15 AM Aqua Fit with Duane	5:30 PM Kickboxing with Tisha	9:15 AM Beyond Barre with Maurita	6:30 PM Pilates with Deb J.		10:30 AM Kickboxing with Tisha	
9:45 AM Kickboxing with Tisha	5:30 PM Spinning with Joy	11:00 AM Silver Sneakers with Eileen				
11:00 AM Silver Sneakers with Eileen	6:30 PM Yoga with Maurita	4:30 PM Bootcamp with Patty				
4:30 PM Group Groove with Jen K.		4:30 PM Group Active with Renee				
5:30 PM Bootcamp with Patty		5:30 PM Spinning with Joy				
5:30 PM Spinning with Diane		5:45 PM Kickboxing with Tisha				
6:30 PM Yoga with Sarah		6:00 PM Zumba with Jesus				
		6:30 PM Yoga with Sarah				

Effective 11/29/21